

Coping with Cold Symptoms

The common cold lasts about 2 - 14 days. No cure exists for the common cold, but you can get relief from your cold symptoms by:

- Resting in bed.
 - Drinking plenty of fluids, especially fruit juices.
 - Gargling with warm salt water or using throat sprays or lozenges for a scratchy or sore throat.
 - Using petroleum jelly or mild over-the-counter antibiotic ointment for a raw nose.
 - Taking aspirin, acetaminophen, or ibuprofen for example, for headache or fever.
 - Children should not be given aspirin because of the risk of developing severe side effects, such as Reye's syndrome.
 - Antibiotics are not effective against the rhinovirus that causes colds.
 - However, colds occasionally can lead to bacterial infections of the middle ear or sinuses, requiring treatment with antibiotics.
- High fever, significantly swollen glands severe sinus pain, and cough that produces mucus, may indicate a complication or more serious illness requiring a visit to your healthcare provider.

